

NDPERS Dakota Wellness Program

at Sanford Health Plan



**North Dakota
Public Employees
Retirement System**
Dakota Plan Health Benefits



Move more at work

We frequently hear how physical activity boosts our bodies and mood, but in his book, *Spark*, John J. Ratey, MD, says that muscle, heart and lung benefits are only some of the positive effects of exercise. He emphasizes that “the point of exercise is to build and condition the brain.” Brain function is at its best when blood is pumping, which is the reason people feel so good after exercising.

What does this mean for you in the workplace? Taking a few minutes a day to refresh and recharge our bodies offers a brain boost and has positive effects on our mental focus.

Ten ways to move more during the workday:

1. Participate in NDPERS Walk at Work Day on Thursday, May 19, 2016!
2. Take the stairs.
3. Hold a walking meeting.
4. Use your break time to take a walk.
5. Stand during a meeting or conference call.
6. Walk to your co-worker's desk instead of calling or emailing.
7. Park at the far end of the parking lot.
8. Walk or bike to and from work.
9. Create your own wellness portal challenge and invite co-workers.
10. Use the restroom on a different floor of the building.

MAY 2016

MEMBER NEWSLETTER

Inside *this issue...*

Move more at work
Skin and sun safety
“Superfoods”

MONTHLY OBSERVANCES

Arthritis Awareness
Employee Health and Fitness
Skin Cancer Detection/Prevention
Mental Health Awareness
Asthma and Allergy Awareness
Stroke Awareness
27—Heat Safety Day
8-14—Women's Health Week

Find a complete list of observances
at healthfinder.gov/NHO

SANFORD
HEALTH PLAN

Give it a try

CREATE YOUR OWN CHALLENGE

Mix up your routine by creating your own challenge through the online wellness portal, found in your member account at sanfordhealthplan.com/memberlogin. The challenge feature allows you to set your own goals in physical activity, healthy eating, social well-being or weight loss. Set your goal and develop new healthy habits under the Challenge tab.

1. Choose a challenge category, activity and measurement.
2. Name your challenge and set up dates for your challenge to run.
3. Choose to make your challenge public to all users or private for just you or buddies you want to include.

CONTACT US AT

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QUICK LINKS:

sanfordhealthplan.com/ndpers/dakotawellnessprogram

SET-UP A

mySanfordHealthPlan

ONLINE ACCOUNT:

sanfordhealthplan.com/memberlogin

The skinny on sunburn

Have you ever watched an egg white cook on a hot frying pan? If so, you've witnessed the same chemical process that causes sunburn, also known as protein denaturation. When proteins in the skin are exposed to heat, radiation and chemicals, they change shape. The Ultraviolet (UV) radiation in sunlight heats the skin proteins and in the case of sunburn, literally cooks the proteins. Luckily, our skin springs into action to protect us from further damage by releasing inflammatory molecules that signal the production of melanin (the brown pigment that causes a tan).

Don't cook your skin this summer! Use the following tips to enjoy the outdoors while keeping your skin safe:

- Seek the shade, especially between 10 a.m. and 4 p.m.
- Avoid outdoor tanning and UV tanning booths.
- Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- Use a broad spectrum (UVA/UVB) sunscreen with SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with SPF of 30 or higher.
- Apply one ounce (two tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or immediately after swimming or excessive sweating.

How super are "superfoods"?

"Superfood" is a nutrition buzzword that has become popular in recent years. These foods are advertised as having high concentrations of specific nutrients compared to other foods. Because of these specific nutrients, they are marketed as having special traits that burn fat, boost metabolism or reduce the risk of cancer. Nutrient dense foods certainly offer preventative health benefits, but it's important to remember that the United States Food and Drug Administration has not regulated the term "superfoods". This means that a company can use this word to promote any item they wish to sell.

So what should you look for? Know that one single food does not contain all the nutrients you need. Many foods offer health benefits like fiber, protein, antioxidants, minerals and vitamins. Eat appropriate quantities, and a wide variety of lean proteins, whole grains, dairy, healthy fats, fruits and vegetables. By doing so you'll get nutrient dense foods and the health benefits that come with them.